WHAT’S HAPPENING IN YOUR CAFÉ?

*Introducing Smoothies!*  
We are excited to announce that we will be launching smoothies as a breakfast item offered at all of our secondary schools in the next coming months! Starting in January, we will be piloting the program at Marshall by hosting a launch party where students will be able to sample different flavors and win some prizes! This program was initiated through our recent partnership with New England Dairy Council and their Fuel Up to Play 60 Program, where we will be bringing our district some exciting initiatives related to nutrition and physical activity.

*One Mighty Mill Bakery Partnership*  
As a way to give back to the community, our food services department will also be partnering with Lynn’s One Mighty Mill Bakery to bring our students fresh, whole grain bagels and tortillas, milled in Linneus, Maine and ground every day in Lynn. This partnership not only gives us the opportunity to support local businesses, but it also gives us the chance to expand our offerings of healthy foods that taste great too! We will be holding a tasting event at English High School in January to celebrate the launch of this partnership.

December’s Tasting Highlights  
This past month we held two cherry tomato tastings at Hood and Ingalls schools, with over 1000 students participating in these events! Students not only had a chance to try something new and different with their lunch, but they also had the chance to vote and give their feedback on the cherry tomatoes. We look forward to continuing our tasting adventures at other various Lynn schools throughout the rest of the school year! In the end, our main goal with our tastings is to get students to try something new, while also reaping the benefits from the vitamins and nutrients found in the foods they consume.

January Discovery Kitchen  
Our January Discovery Kitchen Food Focus is Citrus Fruits! Citrus fruits are an excellent source of immune boosting vitamin C, where just one orange contains 100% of a person’s recommended daily vitamin C intake. We will be holding samplings at a couple of our elementary schools next month to celebrate citrus fruits!

**Cranberry Orange Pancakes**  
*(yields 5 servings)*

**INGREDIENTS**
- 1 cup water
- 1 ¼ cup whole grain pancake mix
- 3/8 cup 100% orange juice
- 3 ½ tbsp. frozen cranberries
- 2 2/3 tsp fresh orange zest
- Cooking spray

**STEPS**
1. Preheat griddle or pan. Lightly thaw frozen cranberries on a sheet pan for approximately 20 minutes.
2. Mix together water and orange juice.
3. Add in pancake mix and whisk until batter is blended and smooth. Be sure to not overmix!
4. Zest fresh oranges.
5. Fold in orange zest and frozen cranberries until batter is evenly distributed.
6. Lightly coat preheated pan with cooking spray.
7. Pour ¼ cup batter for each pancake onto pan. Grill for 1 ½ minutes on each side or until puffed and edges begin to dry.
8. Serve and enjoy!

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